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Great American Eat Right Challenge

Take part in the [Great American Eat Right Challenge](#) this month! Healthy eating habits start with knowing how to stock your pantry and refrigerator. Here are some easy guidelines for shopping at your local grocery store.

Step 1: Plan ahead. Make a grocery list before going to the store.

Step 2: Choose fruits and vegetables with the most color. These pack in the most vitamins and nutrients. Canned and frozen fruits and vegetables can be just as nutritious, but be sure to read nutrition labels and avoid packages with added sugars, sodium, cheeses, sauces or butters.

Step 3: Select the best meats. Select the leanest cuts of red meat and skinless white meats, or trim off any fat or skin before eating.

Step 4: Choose leaner dairy products. Go for skim or low-fat milk, low-fat yogurt without added sugars and low-fat cheeses of sharper varieties.

Step 5: Include whole grains. Opt for breads and cereals made of whole grains, which maximize nutrients and vitamins.

Filling your kitchen with the right foods makes it easier to maintain healthy eating choices. For more information on [Healthy Living](#), check out our [A-Z Health Information Library](#) at www.cmc-northeast.org.



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